

**Guide to Town Senior Services**

**Senior Activities Center**

Wendy Petty  
Director

Pam Wilson  
Program Coordinator  
**203- 222-2608**

**Social Services**

Charlene Chiang-Hillman  
Director

Suzanne Friedman  
Administrative Asst.  
**203-222-2663**

**Town Hall**

Tom Landry  
Town Administrator  
Judy Devito  
Selectman's Secretary  
**203-222-2656**

**Dial-A-Ride**

Gordon Green  
(24 Hr Notice Required)  
**203-222-2576**

**Drop-In Activities**

Monday

Knitting/Crafts 10-12  
Dance Class 11:00(N)

Tuesday

Beads 10-12  
Great Courses DVD/  
discussion 11-12  
Strength & Fitness 11-12 (N)  
Poker 12:00 -2

Wednesday

Yoga 10-11

Lunch @ Norfield Church

Thursday

Wii Bowling 10-11:30  
Strength & Fitness 11-12 (N)  
Movies 12:00—2

Friday

Yoga w/ Melanie 9-10 (N)

**Wednesday Lunch at  
Norfield at 12 noon**

- (N=Norfield Church)  
**Center Hours: M, T, & Th  
9:00-2:30**

**WESTON SENIOR  
ACTIVITIES CENTER**

**November/December 2012**



Hello Everyone,

The holidays are approaching and we have a lot of things planned for you. Please read through our newsletter and call to sign up! Get ready to join us for lots of fun holiday activities, classes, parties, music, food and celebrations.

Woody Bliss has started a backgammon club on the 1st and 3rd Tuesdays at 1:30pm, starting in December. Even if you don't know how to play, we will teach you. We also have a very popular stationary stamping class starting. The cards that we have seen are amazing! Our very own Bruce Lorentzen has invited seniors into his home to see his spectacular model 1 train exhibit.

The Friends of the Weston Senior Activities Center have graciously planned a Musical Tea for us here at the Center on November 15th with musical entertainment and a prize for the best hat. Our Tai Chi classes are really taking off so we added an intermediate class for those of you who are more experienced. Come in and try a class. The first one is complimentary.

Just a reminder, we follow the school schedule for weather related closures and delays. We will leave a recorded message on the Senior Center phone for any delayed opening or closures by 8:00am that day. (203) 222-2608. (Closures will cancel exercise classes.) We will also post information on Channel 12.

Our very best wishes to you all,  
Wendy and Pam



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On behalf of the Senior Center and the Friends of the Weston Senior Activities Center, we would like to thank everyone who helped to make our first annual Alden Sherman Classic a huge success. Thanks to our volunteers at the gate and our silent auction table, our student volunteers, our sponsors, our committee members, the Friends, Gayle Weinstein, Tom Landry, Dr. Colleen Palmer, and the Egan Family with the Booster Barn, we were able to create something special for the Town of Weston and for the Seniors of Weston.

Thank you, Wendy, Pam and Nina Daniel

# New New New

November 14th—2:00pm Art on Fire—Paint ceramic pottery. Free—space is limited. See page 3 for details.

November 15th —9:30-11:00am—Stamping Class at the Senior Center. Cost is \$5.00.

November 15th—3:30-5:00pm—Musical Tea hosted by the Friends of the Weston Senior Activities Center, see page 7 for details.

November 26th—2nd Annual Re-Gifting Sale opens at 10am and runs 10-2 daily through the 29th. See page 3 for details.

November 28th—3:00pm Monthly Film Club - Movie, discussion, pizza—free, sign up required, space is limited to 15. See page 6 for details.

November 29th—1:00pm Train Exhibit at Bruce Lorentzen—Back by Popular Demand! Sign up required, space is limited.

December 4th and 18th—Backgammon Club begins on 1st and 3rd Tuesdays at 1:30.

December 10th—12:30pm Hanukkah Celebration—Come join us for potato latkes and dreidel games with prizes.

December 13th—Miracle on 34th Street at Westchester Broadway Theatre. Gordon's bus departs Norfield at 10am, and will return around 3pm. Cost is \$65, sign up required, space is limited.

December 18th—11am-12:30pm—Holiday Centerpieces with Betty Green. Cost is \$6.00, sign up required. See page 7 for details.

December 19th—10am Cookie Exchange— at Norfield Parish Hall (before our holiday luncheon) Bring 3 dozen cookies to exchange! (Free, but stay for lunch \$4.00.)

December 20th— 12-2pm—2nd Annual Holiday Party at the Senior Center. Free, sign up required, bring a \$5.00 wrapped gift if you are interested in exchanging. See details on page 8.

## Intermediate Tai Chi with Mari Lewis

Tuesdays, November 6, 13, 20, 27, December 4, 11, and 18 9:30-10:30am in the Weston Senior Center's South House Gym. The cost for 7 sessions is \$35. Sign up required.

## Gentle Tai Chi with Bill Wren

November 1, 8, 15 and 29, December 6, 13 and 20 from 9:15—10:15am in the Senior Center's South House Gym. The cost for the 7 session series is \$35. Sign up required.



## Stamping Class

Thursday, November 15th

9:30-11:00am  
\$5.00 per class

Come to the Weston Senior Center and make 5 beautiful hand made greeting cards for all occasions that are exclusively yours to keep. Space is limited to 15 people, call to sign up soon!

## Backgammon Club

Begins December 4th at 1:30pm  
*In the Senior Center.*



Come and play the 1st and 3rd Tuesday of each month. Sign up for our club and receive lessons.



## Train Exhibit by Bruce Lorentzen

Thurs., November 29th @ 1:00pm  
12:45 departure from Senior Center

Join Bruce in his home to view his spectacular model train exhibit. Sign up required, space is limited to 10 people. You must be able to climb 3 sets of stairs to get to the exhibit. Call the Center to sign up.

## Exercise Classes!

~Dance to the Music with Sandy~  
Mondays @ 11:00 am (55+ welcome)  
\$3/class (Norfield Parish Hall)

~Strength & Fitness with Sandy~

Tuesdays & Thursdays @ 11 am  
\$3/class (Norfield Parish Hall)

~Tai Chi with Bill Wren~

Thursday's 9:15am—sign up required

~Intermediate Tai Chi with Mari Lewis~

Tuesday's 9:30am—sign up required.

~Wii Bowling with Anne~

Thursdays @ 10 am

Free (Center)

~Yoga with Melanie~

Fridays @ 9 am  
\$3/class (Norfield Chapel)

~Gentle Yoga with Joy ~

Wednesdays @ 10 am  
\$3/class (Hurlbutt South House Gym) 2  
Please come and try a class,  
1st class is free!

## Thursday Afternoon At the Movies!

Join us Thursdays at 12:00 pm

**Please call for a reservation. Movie and popcorn are free. (203) 222-2608, space is limited !**



November 1<sup>st</sup> - **The Cup** PG: 1hr 34min: Inspirational True Story - Phar Lap director Simon Wincer returns to the world of horse racing with this inspirational true story about one man's quest to pay tribute to his fallen brother by winning the Melbourne Cup.

November 13<sup>th</sup> (Tuesday)– **Chimpanzee** G: 1hr 18min: Documentary World Chimpanzee Foundation head Christopher Boesch joins filmmakers Alastair Fothergill and Mark Linfield for this documentary offering an intimate look into the world of chimpanzees.

November 29<sup>th</sup> – **August Rush** PG 1hr 54min: Estranged from his parents by circumstance and nudged toward a foster family, a young boy seeks out his long-lost folks and discovers prodigious musical talent in this family-oriented drama from Disco Pigs director Kirsten Sheridan.

December 6<sup>th</sup> – **Capote** R 1hr 38min: The creation of one of the most memorable books of the 1960s -- and the impact the writing and research would have on its author -- is explored in this drama based on a true story.

December 13<sup>th</sup> – **Hope Springs** PG-13 1hr 30min: An aging couple strive to conquer their sexual hang-ups and save their 30-year marriage from going stale by visiting a renowned couple's therapist in this comedy from director David Frankel (The Devil Wears Prada, Marley & Me). After three decades of marriage, Kay (Meryl Streep) and Arnold (Tommy Lee Jones) still love each other deeply.

## Second Annual Re-Gifting Sale



We are currently collecting new or unused items for our sale. Have you received any gifts that you haven't used because they just don't fit your personality? Any items that you forgot to return and missed the return cut off? You buy anything that seemed great at the time but realized later that you have never used it? The Senior Center would love to have those items for our sale. Last year, we collected (in a short period of time) enough items to have a successful sale. This year, we hope to do better! It's a great way to donate (to help us raise money for the Senior Center), but it's also a great way to shop for the holidays. We have already received many great items to choose from. **Come to our sale, beginning at 10am on Monday, November 26th.** The sale will continue 10am-2pm through Thursday. Please also remember to save items throughout the year for next year's sale!

Thank you!!



## Hanukkah Celebration



**Monday, December 10th  
12:30pm at the Senior Center**  
**Join us for potato latkes and dreidel games. Sign up required.**



Are your kids asking you what they can send you for the holidays? How about a gift certificate to the Weston Senior Center? They can be used for trips or classes of any kind. (The Wednesday Senior Lunch's are excluded.) Call the Center for details. (203) 222-2608.

## Commission on Aging Meetings:

In Activities Room of the Center.

**Everyone welcome!**

Board Members:

Helen de Keijzer, Chair  
Peggy Anderson  
Bruce Lorentzen  
Nina Daniel  
Laura Smits



**We have exciting news!!**

November 14th  
2:00-3:00pm

**Art on Fire** is hosting a "paint your own" pottery event for us. You paint it and they fire it in the kiln. This is great for a holiday present. Space is limited to 15 people. This event is **free** (if you chose one of the selected items, otherwise a small fee will apply based on your choice).

Sign up required, and space is limited. Call the Senior Center for details (203) 222-2608.

Meet at Art on Fire  
991 Danbury Road, Wilton, CT .

# November 2012

Mon

Tue

Wed

Thu

Fri

|                                                                                                                                            |                                                                                                                 |                                                                                                                                                                                                 |                                                                                                                                                                                   |                                       |
|--------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------|
|                                                                                                                                            |                                                                                                                 |                                                                                                                                                                                                 | 1<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>The Cup</i>                                                                                  | 2<br>9am Yoga (N)                     |
| 5<br>9:15am Commission<br>on Aging<br>10am Knitting,<br>11am Current Events<br>11:00am Dancing<br>12:30 Medicare<br>Appointments necessary | 6<br>Election Day<br><br><b>Senior Center<br/>Closed</b><br><br><b>Vote at the Middle<br/>School Today</b>      | 7<br>10am Yoga<br>12 Lunch-Norfield<br>Hosted by Norfield<br><br><i>Bingo</i>                                                                                                                   | 8<br>9:15am Tai Chi<br>9:30am Christmas Tree<br>Shop and Hometown<br>Buffet – sign up required<br>11 Strength & Fitness<br><br><i>No movie today.</i>                             | 9<br>9am Yoga (N)                     |
| 12<br>10am Knitting,<br>11am Current Events<br>11:00am Dancing<br>12:30 Medicare<br>Appointments necessary                                 | 13<br>9:30am Int. Tai Chi<br>10am Beading w/Carla<br>11am Strength & Fitness<br>12pm Movie<br><i>Chimpanzee</i> | 14<br>10am Yoga<br>12 Lunch – Norfield<br>Hosted by Emmanuel<br>Thanksgiving Lunch<br><i>Willie Nininger</i><br><br>2:00 – Art on Fire trip<br>sign up required.                                | 15<br>9:15am Tai Chi<br>9:30am Stamping Class<br>10am Wii Bowling<br>11 Strength & Fitness<br><br><i>No movie today</i><br><b>“Musical Tea”</b><br><b>3:30-5:00 (wear a hat!)</b> | 16<br>9am Yoga (N)                    |
| 19<br>10am Knitting<br>11:00am Dancing (N)<br>12:30 Medicare<br>Appointments necessary                                                     | 20<br>9:30am Int. Tai Chi<br>10am Beading on own<br>11 Strength & Fitness<br>12 Poker w/Stella                  | 21<br><b>Senior Center<br/>Closed</b>                                                                                                                                                           | 22<br><b>Senior Center<br/>Closed</b><br>                                                    | 23<br><b>Senior Center<br/>Closed</b> |
| 26<br>10am Re-Gift Sale opens!<br>10am Knitting<br>11:00am Dancing (N)<br>12:30 Medicare<br>Appointments necessary                         | 27<br>9:30am Int Tai Chi<br>10am Sale<br>10am Beading w/Carla<br>11am Strength & Fitness                        | 28<br>10am Sale<br>10am Yoga<br>12 Lunch-Norfield<br>Hosted by Women's<br>League –<br><i>Rita Wagner's African<br/>Show</i><br>3:00pm Film Club<br><i>Chinatown</i> – see details<br>on page 6. | 29<br>10am Sale<br>9:15am Tai Chi<br>10am Wii Bowling<br>11 Strength & Fitness<br>12pm Movie<br><i>August Rush</i><br><br>1pm Train Exhibit at<br>Bruce Lorentzen's<br>house!     | 30<br>9am Yoga (N)                    |



# December 2012

| Mon                                                                                                                                     | Tue                                                                                                                                                          | Wed                                                                                                                                                                                                                                                                            | Thu                                                                                                                                                          | Fri                                                                                                                                                          |
|-----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 3<br>9:15am Commission on Aging meeting<br>10am Knitting<br>11:00a Dancing (N)<br>12:00-2:30pm Medicare Enrollment Appointment required | 4<br>9:30am Int. Tai Chi<br>10am Beading your own<br>11a Strength & Fitness (N)<br>12 Poker w/ Stella<br>1:30pm Backgammon Club                              | 5<br>10am Yoga<br>12pm Lunch Norfield<br>Hosted by Norfield Church<br><br><i>Bingo</i>                                                                                                                                                                                         | 6<br>9:15am Tai Chi<br>10am Wii Bowling<br>11am Strength & Fitness<br>12pm Movie<br><i>Capote</i>                                                            | 7<br>9am Yoga (N)<br><br>Hanukkah begins tomorrow.<br>Happy Hanukkah.<br> |
| 10<br>10am Knitting<br>11am Current Events<br>11:00am Dancing (N)<br>12:30pm Hanukkah Celebration                                       | 11<br>9:30am Int Tai Chi<br>10a Beading w/Carla<br>11 Strength & Fitness (N)<br>12 Poker                                                                     | 12<br>10am Yoga<br>12 Lunch at Norfield<br>Hosted by St. Francis Church<br><i>John Redgate</i><br>3:00pm Film Club<br>MASH – see details on page 6.                                                                                                                            | 13<br>9:15am Tai Chi<br>10am Westchester Broadway Trip<br>10am Wii Bowling<br>11am Strength & Fitness<br>12pm Movie<br><i>Hope Springs</i>                   | 14<br>9am Yoga (N)                                                                                                                                           |
| 17<br>10am Knitting<br>11:00am Dancing (N)<br>12:00 Medicare Appointments – sign up required.                                           | 18<br>9:30am Int Tai Chi<br>10a Beading – your own<br>11a Strength & Fitness (N)<br>11am Holiday Centerpieces<br>12 Poker w/Stella<br>1:30pm Backgammon Club | 19<br>10am Yoga<br>10am Cookie Exchange<br>12 Lunch at Norfield<br>Hosted by Newcomers and Neighbors<br><i>Hoot Owls w/ Chris Coogan</i><br><b>Cookie Exchange &amp; Holiday Lunch</b><br> | 20<br>9:15am Tai Chi<br>11am Strength & Fitness<br><br><b>Holiday Party<br/>12pm – 2pm</b><br><i>Bring a \$5.00 gift to exchange! See details on page 8.</i> | 21<br>9am Yoga (N)                                                                                                                                           |
| 24<br><b>Senior Center Closed</b>                                                                                                       | 25<br><b>Senior Center Closed</b>                                                                                                                            | 26<br><b>Senior Center Closed</b>                                                                                                                                                                                                                                              | 27<br><b>Senior Center Closed</b>                                                                                                                            | 28<br><b>Senior Center Closed</b>                                                                                                                            |
| 31<br><b>Senior Center Closed</b>                                                                                                       |                                                                           | <i>We will re-open<br/>January 2nd!!</i>                                                                                                                                                                                                                                       |                                                                                                                                                              |                                                                                                                                                              |

# Weston Working Together

## Medicare Open Enrollment October 15 –December 7

### REVIEW YOUR COVERAGE!

The annual open enrollment period for Medicare Part D and Advantage Plan for 2013 coverage is **October 15, 2012 and ends December 7, 2012**. It is a good idea to review your coverage yearly at this time with a CHOICES counselor to be sure that you are getting the coverage you want at the best reasonable cost. Changes in coverage and without penalty can be made in Open Enrollment.

There are 30 plans being offered for 2013 Medicare Part D. There are new insurance plans to Connecticut, changed formularies and premium changes. One new program has a premium of \$15 per month. Is it right for you? Make an appointment through the Weston Senior Center or you may call SWCAA (Southwest Connecticut Agency on Aging) directly to speak with a CHOICES counselor. Your medications including precise name (properly spelled), dosage and frequency of use will be reviewed on the Medicare website and the Medicare D insurance plans that are the most suitable will be presented to you in order of price effectiveness. Some seniors change Medicare D suppliers yearly to meet their current medication requirements and wish for best prices offered.

During Open Enrollment there will be availability for half hour appointments from 12:00 – 2:30 every Monday in November, -- 5, 12, 18 and 26 – as well as Monday, December 3. **YOU MUST MAKE AN APPOINTMENT THROUGH THE WESTON SENIOR CENTER** at (203) 222 - 2608. **NO WALK-INS**. If times or dates are not convenient for you simply contact a CHOICES counselor at 1(800) 994 - 9422.

CHOICES presents information for you to consider when making your decisions about Medicare issues. **If you are considering a change of Medicare provider especially an Advantage program be sure your docs, labs for blood work and the hospital of your choice accept that insurance plan.** Do not trust lists that have been made to meet a printing deadline of four or five months ago. Lists can change at anytime. Telephone your docs, labs & hospitals to be sure they accept the insurance that you are considering before you enroll. Remember any Medicare resource can drop out of any plan any time during the year.

Please book appointments as soon as possible and early in the open enrollment period – couples book two appointments. There may not be time available when booking later, which could mean scrambling for, help and answers. See you at the center!

Meta Schroeter  
CHOICES Counselor

## Weston Parks and Recreation

Is starting new Adult Programs and Classes.  
Call 203-222-2655 for more details.

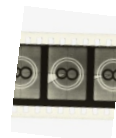
**Or visit their web site:**

**[www.westonct.gov/programs](http://www.westonct.gov/programs)**

## *Working together with our students.....*

**1. Safe Rides:** Safe Rides has been keeping the roads safe from reckless drivers under the influence in this student run service. Each Saturday, two adults must be present to monitor the students working. The commitment is little to none. Volunteer one Saturday evening a week, month, or year from 9:30pm-1:00am in Town Hall. Call Pam Karpen (203) 227-2917 or Jared Kapel (203) 246-0038 for details.

**2. Film Club:** Christian Orr (WHS student) is offering his time to start this new club at the Senior Center. Once a month at 3:00pm he will be showing classic movies, followed by a discussion group and pizza. **This is free!** November 28th—Chinatown, December 12th—MASH. Sign up required, space is limited to 15 people. Call the Senior Center to sign up. (203) 222-2608.



Not sure what to do with your Christmas Tree after the holidays are over? Consider calling Emmanuel Church for their annual bonfire in early January. The cost is \$20, or \$25 if you want your tree picked up. The proceeds go to the Weston Warm Up Fund.



Have you tried **LaRoue Elayne at Cobbs Mill?** They are having an Opera Series once a month on Sunday afternoons at 3:00pm, Nov. 4, Dec. 2nd. The cost is \$15.00. Call for reservations. (203) 227-7221 ext 26.

## **“Friends of the Weston Library Events” At the Weston Library**

- |         |                                                                                           |
|---------|-------------------------------------------------------------------------------------------|
| Nov. 3  | International Games Day at the Library – Board games all day; video games 12-2; Bingo 3-5 |
| Nov. 8  | Book Group – Washington Square by James;                                                  |
| Nov. 13 | Movie Night – Moonrise Kingdom (PG-13); 7 PM                                              |
| Nov. 14 | Book Group – Bliss Remembered by Deford;                                                  |
| Nov. 15 | Documentary Screening – Last Mountain ; 7PM                                               |
| Dec. 13 | Book Group – Life by Keith Richards, 10:30AM                                              |
| Dec. 19 | Movie Night – Hope Springs (PG-13); 7PM                                                   |
| Dec. 20 | Documentary Screening – TBA; 7PM                                                          |

***You are cordially invited to a "Musical Tea"***

**Hosted by:  
*Friends of the Weston Senior Activities Center***

**November 15th from 3:30-5:00pm at the Senior Center**

Wear a hat if you would like! A prize will be given for the best hat. We look forward to seeing you there. Musical entertainment will be provided by our youth musicians from the Weston High School.

RSVP to the Senior Center (203) 222-2608  
by Monday, November 12th.



**Make your own Holiday Centerpiece**  
Taught by Betty Green

**Tuesday, December 18th**  
11:00am to 12:30pm  
Weston Senior Center

Cost is \$6.00, sign up required.



**Westchester Broadway Theatre**

**Thursday, December 13th**

Bus departs Norfield at 10:00am and will return at approximately 3:30pm. The cost is \$65.00 and includes bus, lunch w/ dessert, and the show!

Sign up Required, space is limited.



**Holiday Cookie Exchange**

Come to our Holiday lunch and  
Cookie Exchange on....

**Wednesday, December 19th!**

Bring 3 dozen cookies to exchange at 10am to Norfield Parish Hall  
(bring containers to take your cookies home)  
RSVP so we know you are coming!!



**Holiday Lunch**

Our holiday lunch will be hosted by  
Newcomers and Neighbors  
At Noon (\$4.00)

**Entertainment by The Hoot Owls with Chris Coogan!!**

RSVP for both the lunch and the exchange!! (203) 222-2608

Weston Senior Activities  
P.O. Box 1007  
56 Norfield Road  
Weston, CT 06883  
203-222-2608  
[www.westonct.gov/](http://www.westonct.gov/)

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96 Danbury Road, Wilton, CT 06897  
(203) 761-8999

## ***Second Annual Holiday Party***

**Thursday, December 20th  
12pm—2pm  
At the Senior Center**

Come and join us for festive food, live musical entertainment and caroling, great friends and creative presents!

Bring a \$5.00 wrapped gift if you would like to exchange!

RSVP by December 13th to the Senior Center (203) 222-2608.  
**PLEASE COME JOIN US!**

